

# Steve Shenk's Emergency Survival Guide

*Live free and fearless*

Here's a thought:

*Every fear that you have is connected with a dependency that is threatened.*

*If you want to be fearless, eliminate the dependency that controls you.*

*When you eliminate the dependency, you have become "independent."*

*Independence is the definition of freedom.*

*My wish for you is that we may all:*

***LIVE FREE AND FEARLESS.***

# Hi, I'm Steve Shenk.

I'm glad you downloaded my Emergency Survival Guide.

Thanks for being one of those rare individuals who cares about and prepares for the future. Many people take no thought or preparation for emergencies, and, as recent events have proven, it can be devastating...even deadly.

If 30+ years in Emergency Preparedness have taught me anything, it is this: **What you know is far more important than what you have.**

The bottom line is that 4 out of every 4 of us will get hit with a Major Natural Disaster that will directly affect us or a family member. And there are many other disasters that hit all of us that aren't so "natural," such as job loss, illness, divorce, etc.

Only 17% of us even *think* we've got it covered. And less than 6.5% actually do.

I'm here to help in any way I can.

And I have an outstanding team of very knowledgeable people to help me.

The list of subjects in this guide (and those which will be developed and sent to you in the future) has its genesis in the last 40 years of our work with families struggling to deal with the extreme effects of unexpected, unplanned for, and often life-changing conditions and events.

## **Here's how to use the guide:**

- 1.) Print the Emergency Survival Guide. It would be wise to print out the entire guide and keep it in your home with your important papers. Note: If you keep it on your computer, you may not have electricity to access it when you need it.
- 2.) Print out an additional copy of just the checklists.
- 3.) Fold each checklist in half, making it into a half-sheet checklist "card."
- 4.) Place the set of checklist "cards" in a sealable plastic bag, which should be kept in your car or your emergency grab-and-go kit.

Maybe you'll find that, if this guide is as useful as it is intended, the words of a song from many years ago prove true: "The best things in life are free."

Good stuff to ya,

Steve Shenk

# Winter Storm Checklist

*If you are caught in an extreme winter storm:*

## **In a Car:**

- Stay in your car.
- Run the car engine about 10-15 minutes each hour for heat and battery maintenance.
- Open the window slightly for fresh air and to avoid carbon monoxide poisoning.
- Make sure your exhaust pipe is clear (remove any snow in or around it).
- Make yourself visible to rescuers. (Tie a brightly colored cloth to the antenna, etc.)
- Do not send a person out for help. Stay together until the storm has passed or you are rescued.
- If someone in your group gets hypothermia, remove cold, wet clothes immediately.
- Keep your body moving as much as possible. Move your arms, legs, fingers, and toes at least once an hour to keep blood circulating and to keep warm.
- Stay hydrated, but do not eat snow. You need to melt snow before eating it.

## **At Home:**

- Stay inside as much as possible.
- When using alternative heat from a fireplace, wood stove, space heater, etc., use fire safeguards and proper ventilation.
- Never refill a space heater while it is still operating or hot.
- Never light a grill or coal stove inside the house.
- Do not use the kitchen oven range to heat your home.
- Close off unneeded rooms.
- Stuff towels and rags in cracks and under doors to keep the heat in.
- Cover windows at night to keep the heat in and let the sun shine in to heat the room during the day.
- Eat and Drink. Food provides the body with energy for producing its own heat.
- Keep the body replenished with fluids to prevent dehydration.
- Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating, perspiration, and subsequent chill.
- When temperatures drop below freezing, outdoor pets should be moved indoors or to a sheltered area.
- Clear the roof.
- Dig out the nearest fire hydrant and clear the area around it for easy access by the fire department.

**\*\*Interesting note:** House fires are more dangerous in extreme cold weather because fire hydrants freeze and there's no way to put out the fires.

# Water

*What is the leading cause of death on Earth? Dysentery from contaminated water.  
If you get the water equation wrong, you could get very sick or die.*

## Three main areas that you need water for:

- 1.) Consumption
- 2.) Sanitation
- 3.) Food production

## What you can do:

- Store ample amounts of potable (ready-to-drink) water
- Be 100% sure that you can make contaminated water safe to drink
- Have safe water for other uses like animals, garden, washing, cleaning, etc.

## Three Water Preparedness Steps:

- 1.) Store it.
- 2.) Find more.
- 3.) Make it safe.

## \*TIPS FOR TRAVELING:

- When traveling, always take water.
- Make it a habit to always keep an eye out for more water sources.
- Have ways to make water safe

## Water quality issues:

- 1.) Turbidity: visual contamination
- 2.) Chemical Contamination: Organic toxins, inorganic toxins, heavy metals, radioactive particulates, salt
- 3.) Pathogens: Bacteria, algae, protozoa, viruses.

## Vital water preparedness actions:

- Store lots of water.**
  - For consumption: Minimum amount of water to store for *consumption only* per day is **1 gallon per day per person** for at least **30 days**. \*If you are more active or it is hot during the day your body requires more water. Hypothermia and Hyperthermia are dangers of dehydration.
    - You can buy pre-packaged water, but it can get expensive. \*Don't buy the water that comes in milk jugs for storing—those break down quickly.
    - You can save money by packing your own water.
  - For Sanitation: You can store it in non-food containers
    - Tip: Free wash water ready to go: Fill up your old laundry detergent jugs

(not rinsed out) with water for washing needs later.

- Be able to find more water that you can use.**
  - During a disaster, **all surface water is contaminated** and dangerous to use (Lakes, rivers, ponds, streams, irrigation, even rainfall.) **Do not consume water from these sources during a disaster without processing.**
  - You can find “accidentally-stored” water that you can use if you know how to get it out and process it, from places around your house like **swimming pools, toilet tanks, water beds, hot tubs, hot water tanks**, etc.
    - All of these sources will provide water that will be good for washing.
    - Most of these sources will have some chemicals, so you will have to know how to process it.
  - **Wells, streambeds, digging wells, drill points** can be sources of hidden water (that may still need processing for consumption)
  - Water from **deep wells** at the well head, **Artisan wells** at the well head, and fresh flowing **springs** right at the outflow **can be safe**.
    - \*Shallow agricultural wells generally are not safe to drink.
    - **\*Never drink water out of mines.**

- Have ways to make contaminated water safe to drink.**

- Heat
  - Put it in a pan and boil it, use a pressure cooker, solar oven, distillation, etc.
- Filtration
- Chemicals
  - Usually center around iodine or chlorine compound
- Absorption
- Ultraviolet Radiation

\*When the water is highly contaminated during a disaster you will probably need to use two or more of these methods at the same time to make the water truly safe to drink.

# When the lights go out

Longer term power outages

*What you may experience will vary depending on season, climate, weather, your location, and other conditions.*

If you are **IN A CAR** (Just normal daily traveling, you aren't driving out of state):

- If the power is off and it's looking like it's not going to come back on anytime soon, **get onto less traveled back roads** and **get home** before you get shut down. Real gridlock may prevent you from moving.

If you are at **HOME**:

- Temperature control: Be careful with your methods of temperature control—most people are inexperienced with alternative means of backup heating.
- Learn about fire hazards, carbon monoxide, and carbon dioxide dangers.
- Learn about energy conservation
- If you have south facing windows, open them up during the day, but close them at night.
- Have openable windows with screens, as well as windows that are high up, if possible.
- Take care of your drinking and cooking water needs by storing it now.
- You need to get back up light. The easiest and best option is to use battery powered equipment and LED lights.
- Never run (or fill) a liquid fuel lantern in the house.** It's only for outside.
  - Propane is acceptable.
  - Candles are ok, but are a fire hazard.
- Never leave a flame unattended.
- Consider blacking out your windows to avoid unwanted attention.
- Have a high-quality AM-FM battery operated radio. Have multiple ways of charging it.
- If possible, go out to your car and listen to the radio.
- Keep multiple car chargers for your cell phone.
- Have a standard landline with the old-style handset because there's a high possibility that that will still work even when the power is off. .
- Use up some of your perishables out of your fridge first.
- You may want to have expedient food (a food you don't have to do anything to other than open it up) on hand. \*Note: You don't HAVE to heat up your canned food.
- Make sure you have a non-electric can opener.
- Try to keep the time that your refrigerator and freezer doors are open down to a minimum.
- Fill up your refrigerator and freezer with jugs of water.
  - Make sure not to fill the jugs completely to the top—the water will expand when it freezes.
  - This will help the refrigerator and freezer keep their temperatures down for longer.
  - An added bonus is that you will have extra water available.
- Be sure to know how to open your garage door manually.
- Personal appliances (shavers, toothbrushes, hair dryers...) won't work without electricity so be sure to have a backup.
- Have a fire extinguisher and understand your fireplaces and chimneys.
- If you choose to use a generator, be aware of the possible dangers of doing so.

# Flood Emergency Checklist

## *Proper Preparation:*

- Elevate the furnace, water heater and electric panel in your home if you live in an area that has a high flood risk.
- If possible, construct flood barriers and have sand bags and absorptive flood blocks available.
- Have life jackets or flotation devices.
- Make sure you have at least 2 weeks supply of emergency foods, purified water and personal protection.
- Have an evacuation plan for family, companion animals and pets.
- Keep An Emergency Car Kit in your car at all times.
- Because flooding contaminates the water supply, be sure to have water stored as well as a means by which to process and clean water.

## **At Home**

- Listen to the radio or television for updates and evacuation information.
- Be aware that flash flooding can occur. Anticipate any possibility of a flash flood by moving immediately to higher ground.
- Flash floods can occur in these areas with or without typical warnings such as rain clouds or heavy rain. So be aware of stream, drainage channels, canyons and other areas known to flood suddenly.
- Secure your home by all possible means. Bring in your outdoor furniture. Move essential items to an upper floor.
- If you have to evacuate, try to do so well in anticipation of a flood.
- Do not try to walk through moving water. Waters can be swift and treacherous.
- Move family, pets, and personal material to high ground and secure shelter before the possibility of flash flooding.

## **In Your Car.**

- Listen to the radio for storm or flooding updates.
- Do not camp or park your vehicle along rivers or streams during threatening conditions.
- Try to get to high ground or elevated areas if you cannot reach your destination.
- Do not try to drive through deep waters, suddenly flooded streets, thoroughfares or highways.
- Keep An Emergency Car Kit in your Car at all times.

## **Post Flood Recovery and Reparation**

### *If your Home or Neighborhood has been flooded...*

- Do not try to return home unless cleared to do so. (Use local alert systems to stay informed.)
- Avoid all high or moving water.
- Stay away from damaged areas unless your assistance has been specifically requested.
- Your best aid to emergency workers is to follow the alerts and mandates.
- When you return home avoid contact with all electrical appliances and outlets.
- Double-check all plumbing and drains for backup and sanitation issues.
- Do not drive on roads, streets or highways that have been compromised by mud or water overflow.
- If you must walk, do so only on firm ground. Avoid walkways and sidewalks that appear damaged.
- Stay out of any buildings surrounded by floodwaters.
- Check to see if you or your family may need to have vaccinations for typhoid or other flood related personal protection.
- Use your emergency food and water supplies.

# Fire/Wildfire Emergency Checklist

## *Proper Preparation*

- Frequently clean roofs, gutters, yards and landscape to eliminate combustible material.
- Have a family communications plan in place.
- Keep a ladder that will reach the roof and high places in the house.
- Make sure you have at least 2 weeks supply of emergency foods, purified water and personal protection. \*
- Keep An Emergency Car Kit in your car at all times. \*
- Have a Water Plan – Keep a power hose with long range of use.

## *If your Home or Neighborhood is immediately affected...*

- Remain calm. Listen to the radio or television for updates and evacuation information.
- Be prepared to evacuate immediately. Keep your Emergency Kit both in your home and in your car—including food, purified water, emergency power, smoke-inhalation masks and appropriate tools.
- Wear protective clothing when outside – sturdy shoes, cotton or woolen clothes, long pants, a long-sleeved shirt, gloves and mask (or handkerchief).
- Have an arrangement for temporary housing at a relative or close friends. (Barring that, have a list of pre-designated community emergency centers.)
- Have gas-powered pumps for water and make sure they're functioning.
- Place a ladder against the house in clear view.
- Keep important papers, valuables and critical documents in a fire-proof container and have them ready to move at a moment's notice.
- The most dangerous aspect of fires is smoke-inhalation. Make sure you have smoke masks and be ready to evacuate before smoke becomes a serious threat to breathing.
- Move flammable furniture into the middle of a room.
- Keep An Emergency Car Kit in your Car updated at all times. \*

## *Post Fire Recovery and Reparation*

- Do not try to return home unless cleared to do so. (Use local alert systems to stay informed.)
- Most Wildfires last several days. Be prepared to be away from your home for at least a week until the fire is officially cleared.
- If you have evacuated, do not reenter your home until fire officials say it is safe.
- For several hours after cleared from the event maintain a "fire watch." Check for sparks and smoke in the house.
- If you detect heat or smoke when entering a damaged building, evacuate immediately.
- Avoid damaged or fallen power lines, poles and downed wires. Avoid all contact with electrical outlets and compromised power sources in your home.
- Follow public health guidelines for safe cleanup and removal of ashes, carbon-compromised and scorched materials.
- Try to minimize breathing dust particles and after-smoke.
- Use non-flammable cleaning materials.
- Discard any food, water or beverages that have been contaminated by smoke or scorched.
- Do not use any water source that you think may be contaminated.
- Avoid compromised appliances until proper professional evaluations have been made.

# Tornado Emergency Checklist

*Tornadoes are unique among disasters. They strike anywhere without warning. So, if you are one of the 180 million Americans who live in a tornado belt, your proper planning and preparation will be essential.*

## *Looking for Storm Warnings... In the Home*

- Remain calm. Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.
- Look for the following Danger Signs: Dark greenish sky; large hail; large, dark, low-lying clouds.
- Listen for loud sounds like a low-flying jet.
- Whenever the warning signs are imminent, find your most secure room or (preferably) a storm cellar with a sealable door.
- Stay secure. Take special security measures to shelter and protect children and family pets.
- Under no circumstances should you try to evacuate and outrun the storm.

## *If Caught Your Car...*

- Have an Emergency Car Kit at all times, including 24 hour food and water supply and emergency tools and hazard equipment. \*
- Under no circumstances should you try to outrun the storm. If possible find an underground public parking garage, shelter under a concrete bridge or on low ground below storm levels.
- Never abandon your car and try to run away on foot, unless you are within a few yards of a secure environment.

## *What to do After a Tornado*

- Tornadoes very often compromise utilities such as gas and electric power. Be careful to look for and avoid downed power lines, mainline gas leaks and broken water lines.
- Among the most frequent aftereffects of Tornadoes are injuries to individuals. Check with all members of your family and/or group for injuries and trauma. In case of shock or serious injury get medical assistance immediately. Administer CPR if you are trained to do so.
- Continue to monitor (battery powered) radio or communications devices.
- Wear sturdy shoes and/or boots and thick clothing if possible. Avoid broken pieces of housing or construction and be on the lookout for broken glass, jagged edges and compromised power lines.
- Avoid damaged or fallen power lines, poles and downed wires. Avoid all contact with electrical outlets and compromised power sources in your home.
- Be sure you have enough Emergency Kits to provide enough emergency food, water, emergency power, communication and sanitation to sustain your family and loved ones once you return home. \*
- Exercise extreme caution when surveying your damage. Even if you have experienced no surface damage, there may be hidden appliances or fuel emissions that could prove dangerous and even deadly.
- Check in with your community relief centers and neighborhood support groups to help other individuals or homes that have been seriously damaged or compromised.



# Hurricane/Cyclone Emergency Checklist

## *How to Prepare*

- Know your regional history. When in a coastal area, check frequency tables and events history before moving or building.
- Check in your area and determine whether levees or dams pose a hazard to you.
- Learn the elevation level of your property and whether the land is flood-prone.
- You should always have an Emergency Kit, including 3-day supply of food, purified water, first-aid, security tools and emergency generators. \*
- Always have a family communications plan, including alternate emergency numbers.
- Cover all of your home's windows. Permanent storm shutters offer the best protection for windows. A second option is to board up windows with marine plywood, cut to fit and ready to install. Tape may reduce shattering but does not prevent windows from breaking.
- Be sure trees and shrubs around your home are well trimmed so they are more wind-resistant.
- Clear loose and clogged rain gutters and downspouts.
- Secure and lock down garage doors.
- Try to create a secure room or have a waterproofed storm cellar.
- Have an evacuation plan in place.
- Keep An Emergency Car Kit in your car at all times. \*

## *When the Hurricane Strikes*

### *Protect and secure your Home*

- Remain calm. Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.
- Secure your home. Close storm shutters. Seal down doors, especially garage doors. Tie down outside objects.
- Turn off all utilities, propane tanks and fuel storage tanks.
- Moor your boat if applicable.
- Make sure you have your emergency kit up-to-date, especially emergency water measures.
- Stay secure. And take special security measures to shelter and protect children and family pets.
- If you are in a high-rise, altitude can be deadly. You should seek shelter and protection below the 10<sup>th</sup> Story.
- Avoid elevators, escalators and electronic lifts prior to or during the storm.

### *If You Have to Evacuate...*

- Have an Emergency Car Kit at all times, including a 3-Day food and water supply and emergency tools and hazard equipment. \*
- Listen to warning broadcasts and the advice of local authorities. If ordered to evacuate, DO NOT TRY TO RIDE OUT THE STORM...especially if you live in a flood plane or low lying area.
- Never abandon your car and try to run away on foot, unless you are within a few yards of a secure environment.
- If you live in a mobile home, trailer or temporary structure, have plans to evacuate as soon as possible. These constructions almost never endure a major event of this kind.
- Be sure you have alternative housing arrangements or, at least, contact with all emergency centers.

# Earthquake Emergency Checklist

## *Proper Preparation*

- Try to avoid building or buying next to mountainsides or near the edge of cliffs or hillsides.
- Be Sure you have an Emergency Kit with at least 2 weeks supply of preparedness foods, purified water, reserve power and safety equipment.
- Have a family communications plan, including contacts and emergency contacts.
- Be sure you have secured, fastened shelves and keep any dangerous breakables and in low closed cabinets with latches.
- Keep heavy wall objects such as pictures and mirrors away from where people sit or sleep.
- Brace overhead lighting fixtures and heavy objects.
- Repair defective electrical wiring and leaky gas connections. These are potential fire risks. (Professional help is recommended.)
- Install flexible pipe fittings and systems...with flexible joints.
- Lock down and bracket refrigerators, washers, freezers, water heaters and heavy appliances.
- Have a secure family room free of dangerous objects where you can gather under padding and away from stress points.
- Double-Check your foundation and ceilings and make sure they are free of cracks and fissures.
- Keep An Emergency Car Kit in your car at all times.
- Hold Earthquake drills with your family.
- Be sure you have evacuation and emergency center information on hand at all times.

## *What to Do During an Earthquake*

### *In Your Home...*

- Stay inside until the shaking stops and it is safe to go outside. Do not exit a building during the shaking.
- DROP to the floor, **take cover** by getting under a sturdy table or other piece of furniture and **hold on** until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors, large shelving, and anything that could fall on you.
- If you're in bed when the earthquake strikes, stay there and cover your head and body with a pillow and blankets, *unless you are under a heavy light fixture that could fall on you*. In that case, move to the nearest safe place.
- Despite common perception, doorways can be dangerous. Many inside doorways are lightly constructed and easily collapsed.
- DO NOT use the elevators, escalators or any electronic mobile devices that move you from floor to floor.

### *Outdoors...*

- Stay where you are...unless you are next to a building, streetlights, or heavy utility wires. Then move quickly to a safe open place.
- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls...and people fleeing them can often be injured or killed by falling debris.

### *In Your Car...*

- Stop and stay in your vehicle. Avoid stopping under bridges, next to buildings or overpasses.
- Listen to the radio for emergency updates.
- Once the quake has stopped, avoid driving on highways, bridges or overpasses that may have been compromised by the temblor.

# Food Shortage

## Long Term/Short Term Checklists

### *What to Do Immediately*

- Governments tend to delay food shortage warnings to prevent panic and hoarding, but **look for the signs.**
- Always have a family communications plan, including alternate emergency numbers.
- You should always have a short-term emergency home, car, and disaster kit, including 3-day supply of food, purified water, first-aid, security tools and emergency generators.
- Be sure to have a discrete 1-year supply of storable emergency foods, purified water, and emergency power. This should include meals to allow for special needs, personal allergies, and pet supplies (food and medical kits), and it should be set up apart from your short-term kits and measures.
- Have appropriate arms and/or home protective security equipment to protect your home in a food panic.
- Have designated food and supply locations at work, home and vehicles (for each).
- Have plans in place. Learn how to deal with water rationing, hoarding, food panics, and theft.
- Learn how to set up and grow your own garden.
- If you do not have your own yard, land, or a place to grow food, set up a neighborhood Coop, including shared technology, with someone who does.
- Understand market trends and scour the news for signs of coming shortages.
- There are two kinds of shortages: Short term (2 days to 6 weeks). And Long-term (two months or more). **Know the difference** and have discrete preparation plans for each.

### *What to do During A Shortage*

- Know that, in a shortage, the basics will go first: staples such as bread and grains and especially drinking water.
- Make sure you have all your emergency kit up-to-date, especially emergency water measures.
- Once you establish a code of family emergency measures, stick to the guidelines you've set. Anticipate that the duration of any emergency will be twice as long as predicted.
- Always make sure you have commodity-based currency (such as gold) silver, and platinum coins.
- Remember to implement wise standards of water conservation and recycling.
- Be able to protect your home. Have security fences and effective anti-burglary devices.
- Be willing to exercise your 2<sup>nd</sup> Amendment Rights. There's a reason they are in the Constitution.
- Over the long term, live fresh foods are important. But during a food-shortage, it becomes essential to survival.
- If you do not have your own yard, land, or a place to grow food, set up a neighborhood Coop, including shared technology, with someone who does.
- Set up a Community food and water, growth, storage, and protection plan.

### *Immediately After...*

- Stick to your own food-water supply until complete normalization has been announced.
- Continue to use wise standards of water conservation and recycling.
- As soon as possible, restore your 1-year supply of storable emergency foods, purified water, and emergency power. This should include meals to allow for special needs, and pet supplies [food and medical kits.]
- Continue gardening and keep your hydroponic gardens and coops intact.
- Reset your preparedness regimens, home security and home defense.
- Be sure to have sufficient commodity driven (gold, silver, platinum) reserves instead of cash or credit.

# Evacuation

*When you evacuate, you become a refugee. Usually it's not going very well for refugees and refugee camps, so we must consider very seriously if we really need to evacuate and become refugees.*

## There are times when you **MUST** evacuate:

### Water

- Flash flood** is coming.
- Tsunamis** along coastal areas.
- Coastal Storm surge**, usually associated with hurricanes or other storms. Rising floodwaters around rivers.
- A New lake forming** because of mudslide/earthslide that stopped a river or earthquake.
- Coastal sea level rising.**
- Extreme and long-term drought.**

### Wind

- Coastal Hurricanes:** Category 3 or above, don't stay, get out of the way. Depending on where you live, even lower categories of hurricanes would be too dangerous and you should leave.
- Tornados:** evacuate into an underground shelter. If you live in a tornado-prone area, you need to have an underground shelter. If you're driving, get out of the way or get yourself to shelter.
- Extreme linear winds** (non-cyclonic winds) may do so much damage that you have to evacuate in the aftermath.

### Fire

- Structural fire.**
- Wildfire** that may be taking out a whole area

### Earth Movement

- Rock, mud, or soil sliding** toward you.
- Volcanoes**, ash, lava, etc.
- Aftermath of an earthquake** when things are so broken up and destroyed that there's no way to live there.

- Chemical spills.**
- Nuclear events**, radiation spreading.
- The breakdown and collapse of society: **Anarchy**, when society breaks down, looting, fear, fighting, people running wild, doing things uncivilized etc. (You cannot evacuate in the midst of it. You have to be gone **before it happens.**)
- Invading armies:** whether it's troops or organized gangs, it can lead to anarchy. You can reduce the risk by doing things preemptively and you can mitigate the problem.

## If you're prepared, there are a lot of things that you should **NOT** have to evacuate for:

- Loss of utilities**
- Loss of income**
- If trucking is shut down**
- Heat wave**
- Ice storms**
- Blizzards**
- 

**\*\*These things can all be easily written out if you're properly prepared.**

The following may not necessitate evacuation, but depending on the severity, where you live, and/or your level of preparation, you may have to evacuate:

- Depression**
- Pandemic**
- Famine**
- CME (Coronal Mass Ejection)**
- EMP (Electromagnetic Pulse)**

**\*Anytime you evacuate, make sure you have all your important documents immediately ready to take with you.**

# Sanitation

*Sanitation is like a parachute: You've got to have one if you want to survive the fall.*

## If your sewer system is down:

- Keep Urine separate from the fecal matter
  - Dispose each by different means
  - Urine is safe and easy to work with
  - Urine is a very valuable resource
  - Less weight and volume to handle if you don't have it all mixed together
  - Less contamination if spilled
  - Not a soupy sloshy mess
  - Reduces the odor
- Have a safe long-term method of properly disposing of the fecal matter.
  - Fecal matter is very, very dangerous
  - You must be prepared in advance
  - If you get this wrong, people die
  - Practice until you are confident in what you plan to do
- Protect your home environment
  - Raw sewage may enter your home via the municipal system your house is connected to.
- Keep things cleaned up
- Have cleaners and sanitizers on hand
- Never allow ammonia-based products to mix with chlorine-based products.
- Have a pest and vermin control plan.
- Have some things that you can use to safely sanitize your body
  - Bar soaps are not sanitizers.

## Sanitation Items

### Education & Information

- DVD set "The Hidden Deadly Disaster" (find it online at [MyFarmInABox.com](http://MyFarmInABox.com))

### Keep Your Space Cleaned up

- Paper Towels
- Trash Bags (different sizes & heavy duty)
- Zip Lock Bags (different sizes)
- Non-Electric Sweeping (Carpet Sweepers, Brushes, Brooms and Dust Pans)
- Non-Electric Floor Cleaning (Mop, Bucket, Rags)
- Brushes and Scrubbers

### Cleaners and Sanitizers

- Liquid Bleach (no additives) – Note: short shelf life, keep rotating it
- Ammonia
- White Distilled Vinegar
- Pine Oil Cleaner
- Orange Oil Cleaner
- Liquid Laundry Detergent (with few additives for easy rinsing)

### Personal Hygiene

- Liquid Hand Soap (dish washing is great) - vs. Bar Soaps
- Liquid All-Purpose Soap
- Alcohol

- Hand Sanitizer (Ethyl vs. Isopropyl)

- Liquid Body Wash/ Shampoo (with few additives for easy rinsing)
- Washcloths (for sponge bath)
- Sanitizing Hand/ Body Wipes
- Toilet Paper
- Personal Wipes / Baby Wipes
- Disposable Feminine Hygiene Products
- Personal Care (toothbrush, toothpaste, comb, brush, shaving gear, contact care, etc)
- Disposable Diapers

### Caring for Human Waste

- Portable Camp Toilets with Supplies
- Bucket (5 or 6 gallon) - Optional Seat
- Bags for the bucket (heavy duty)
- Absorbent Material, light weight best (peat moss or sawdust)
- Odor Control

### Personal Protection

- Disposable Rubber Gloves (Nitril for latex sensitivity)
- N-95 (or Better) Face Masks
- Mosquito Protection (head & face cover, cover for bed)

# Appendix

## Winter Tips

*Extended with details and commentary*

### Traveling

- Try to **avoid traveling in winter storms**, sleet, snow or freezing weather that are beyond your driving experience and capability (or that of your vehicle). Overconfidence gets people in trouble and even killed.
- Whenever you travel in winter, be sure to **carry adequate emergency supplies** (including a complete all-weather road kit) with you for you and your car.
- **Keep an emergency warning and distress system in your car at all times.** The most reliable emergency and distress signal will be road flares. They will burn even in wet weather and, in the extreme, will help you start a fire.
- **Keep enough easy-access food**, such as energy bars **and lots of reserve water** for everyone in the vehicle. It's best to have at least 2 quarts of water per person. In any occasions of stalling or stranding, water will be very important...especially in cold weather.
- **Take a thermos of water** with you whenever you travel. Water can be left for extended periods of time in a cold car if it's carried in insulated thermos jugs, which will keep it from freezing quickly.
- If you get stuck somewhere, **make sure your exhaust pipe is clear** (remove any snow from around it)
- **Run the car engine about 10-15 minutes each hour** for heat and battery maintenance.
- **Open your car window slightly** for fresh air and to avoid carbon monoxide poisoning.
- **Make yourself visible to rescuers.** (Tie a brightly colored cloth to the antenna, etc.)
- **Do not send a person out for help.** Stay together until the storm passes or you are rescued.
- If someone in your group gets hypothermia, remove cold, wet clothes immediately.
- **Keep your body moving as much as possible.** Move your arms, legs, fingers, and toes at least once an hour to keep blood circulating and to keep warm.
- Stay hydrated, but **do not eat snow.** You need to melt snow before eating it.

### Heating Safety (at home)

- Alternative heaters need their space. **Keep anything that can catch fire at least three feet away.**
- Make sure your alternative heaters have 'tip switches.' These 'tip switches' are designed to automatically turn off the heater in the event they tip over.
- **Kerosene heaters may not be legal** in your area and should only be used where approved by authorities. Propane is cleaner-burning and is one of the best backup heating appliances if it is properly installed and used (without electricity). The **propane tank should always be outside**, plumbed into the house.
- **Only use the type of fuel recommended by the manufacturer and follow suggested guidelines.**
- **Never refill a space heater while it is operating or still hot. Refuel heaters only outdoors.**
- **Make sure wood stoves are properly installed by code** and have the proper clearance and materials around floors, wall, and ceiling in the area where the stove is, and at least three feet away from anything that can catch fire. Ensure they have the proper floor support and adequate ventilation.
- **Do not use the kitchen oven range to heat your home.** It can be a source of toxic fumes as well as a possible fire hazard. (Gas stoves may still work, but you should not use them as a means of heating your home.)
- When the heat is out, **have adequate cold-weather clothing and bedding** so that the cold will not affect you as much.

- **Close off unneeded rooms** and gather all family members into one room whenever possible.
- **Stuff towels and rags in cracks and under doors** to keep the heat in.
- **Cover windows at night** to keep the heat in and **let the sun shine in** to heat the room during the day.
- **Eat and drink.** Food provides the body with energy for producing its own heat.
- **Wear layers of loose-fitting, lightweight, warm clothing.** Remove layers to avoid overheating, perspiration, and subsequent chill.
- When temperatures fall below freezing, outdoor pets should be moved indoors or to a sheltered area.
- **Clear the roof.**
- 

#### Home Safety

- **Use flashlights** – not candles – for emergency lighting. **LED lanterns** would be the best option. There's no flame, the batteries last the longest, and they give the best amount of light. **Never use a Coleman-type gas lantern inside. Any type of lighting that has flame should NEVER be left unattended at any time.**
- Some smoke alarms may be dependent on your home's electrical service and could be inoperative during a power outage. **Check to see if your smoke alarm uses a back-up battery** and install a new battery at least once a year. Some smoke alarms may be sensitive to any source of heat you use that has a flame. When it's cool and humidity is high, it may set off your smoke alarm.
- **If there is a fire hydrant near your home, keep it clear of snow, ice and debris for easy access by the fire department.**

\*Interesting note: House fires are more dangerous in extreme cold weather because fire hydrants freeze and there's no way to put out the fires.

## Water

*Extended with details and commentary*

*What is the leading cause of death on Earth? Dysentery from contaminated water.  
If you get the water equation wrong, you could get very sick or die.*

#### Three main areas that you need water for:

- 1.) Consumption
- 2.) Sanitation
- 3.) Food production

#### What you can do:

- 1.) Store ample amounts of potable (ready-to-drink) water
- 2.) Be 100% sure that you can make contaminated water safe to drink
- 3.) Have safe water for other uses like animals, garden, washing, cleaning, etc.

#### Three Water Preparedness Steps:

- 1.) Store it.
- 2.) Find more.
- 3.) Make it safe.

### \*TIPS FOR TRAVELING:

- 1.) When traveling, always take water.
- 2.) Make it a habit to always keep an eye out for more water sources.
- 3.) Have ways to make water safe

### Water quality issues:

- 1.) Turbidity: visual contamination
- 2.) Chemical Contamination: Organic toxins, inorganic toxins, heavy metals, radioactive particulates, salt
- 3.) Pathogens: Bacteria, algae, protozoa, viruses.

### Vital water preparedness actions:

#### 3.) **Store lots of water.**

- For consumption: Minimum amount of water to store for *consumption only* per day is **1 gallon per day per person** for at least **30 days**. \*If you are more active or it is hot during the day your body requires more water. Hypothermia and Hyperthermia are dangers of dehydration.
  - You can buy pre-packaged water, but it can get expensive. \*Don't buy the water that comes in milk jugs for storing—those break down quickly.
  - You can save money by packing your own water.
- For Sanitation: You can store it in non-food containers
  - Tip: Free wash water ready to go: Fill up your old laundry detergent jugs (not rinsed out) with water for washing needs later.

#### 2.) **Be able to find more water that you can use.**

- During a disaster, **all surface water is contaminated** and dangerous to use (Lakes, rivers, ponds, streams, irrigation, even rainfall.) **Do not consume water from these sources during a disaster without processing .**
- You can find “accidentally-stored” water that you can use if you know how to get it out and process it, from places around your house like **swimming pools, toilet tanks, water beds, hot tubs, hot water tanks**, etc.
  - All of these sources will provide water that will be good for washing.
  - Most of these sources will have some chemicals, so you will have to know how to process it.
- **Wells, streambeds, digging wells, drill points** can be sources of hidden water (that may still need processing for consumption)
- Water from **deep wells** at the well head, **Artisian wells** at the well head, and fresh flowing **springs** right at the outflow **can be safe**.
  - \*Shallow agricultural wells generally are not safe to drink.
  - **\*Never drink water out of mines.**

#### 3.) **Have ways to make contaminated water safe to drink.**

- Heat
  - Put it in a pan and boil it, use a pressure cooker, solar oven, distillation, etc.
- Filtration
- Chemicals
  - Usually center around iodine or chlorine compound
- Absorption
- Ultraviolet Radiation

\*When the water is highly contaminated during a disaster you will probably need to use two or more of these methods at the same time to make the water truly safe to drink.



# When the lights go out

Longer term power outages  
*Extended with details and commentary*

*What you may experience will vary depending on season, climate, weather, your location, and other conditions.*

When the lights go out:

If you are **IN A CAR** (Just normal daily traveling, you aren't driving out of state):

- Traffic control concerns will arise, and things could escalate quickly. Gridlock will occur because of accidents, road rage, cars running out of gas, etc.
- Remember to consider that you won't be able to charge your electric car.

What to do:

- If the power is off and it's looking like it's not going to come back on anytime soon, **get onto less traveled back roads and get home** before you get shut down. Real gridlock may prevent you from moving.

If you are at **HOME**:

- One of the first things you might think about is **temperature control**.
  - In the winter: heating will be a concern.
  - In the summer: overheating will be a concern.
  - Heat stroke will be a real danger in crowded cities with lots of buildings and poor ventilation.
- **Consider Sanitation.**
  - The water may run out very quickly, and, among other things, you can't flush your toilet without water pressure (which may create a sanitation problem).
  - Because almost 80% of the water used in your home is normally used for sanitation, your sanitation habits will have to change when the water stops flowing.
- **The lights will literally go out.**
  - Having no sources of light can have a significant psychological impact.
    - If the sun has gone down and there is no electricity, having no light at all can be frightening, especially for young children.
  - You will need light so that you can work and function and do what you need to do to live your life.
  - Having backup light sources may draw unwanted attention to your home and your resources.
- **Information and Communication**
  - Lack of info can be hard on people because we're so used to having it and knowing things almost instantly.
  - People become panicked, angry or depressed. They go bonkers if they don't know and they assume the worst.
  - Some people may get really upset without their usual means of communication, which could get dangerous for everybody.

- Cell Phones
  - When it gets ugly out there, our cell phones will go down and the cell towers will be commandeered for emergency calls and those kinds of things.
  - Texting may still be working for a while, but soon that will be overloaded and you might not even be able to that.
- You may need to adjust what is done in your **kitchen**.
  - Gas stoves may still work for an extended period of time.
  - Electric stoves, refrigerators, microwaves, freezers, electric appliances will be off.

#### What to do:

- Temperature control: Be careful with your methods of temperature control—most people are inexperienced with alternative means of backup heating.
  - Learn about fire hazards, carbon monoxide, and carbon dioxide dangers.
  - Learn about energy conservation
  - If you have south facing windows, open them up during the day, but close them at night.
  - Have openable windows with screens, as well as windows that are high up, if possible.
- Take care of your drinking cooking water needs by storing it now.
- For lighting:
  - You need to get back up light. The easiest and best option is to use battery powered equipment and LED lights.
  - **Never run (or fill) a liquid fuel lantern in the house.** It's only for outside.
    - Propane is acceptable.
    - Candles are ok, but are a fire hazard.
  - Never leave a flame unattended.
  - Consider blacking out your windows to avoid unwanted attention.
- Information and Communication
  - Have a high-quality AM-FM battery operated radio. Have multiple ways of charging it.
  - If possible, go out to your car and listen to the radio.
  - Keep multiple car chargers for your cell phone.
  - Have a standard landline with the old-style handset because there's a high possibility that that will still work even when the power is off.
  - Consider that the phone lines may be jammed up, though, so the battery powered radio is best so you can listen to what's going on around you.
- In the kitchen:
  - Use up some of your perishables out of your fridge first.
  - You may want to have expedient food (a food you don't have to do anything to other than open it up) on hand. Note: You don't HAVE to heat up your canned food.
  - Make sure you have a non-electric can opener.
  - Try to keep the time that your refrigerator and freezer doors are open down to a minimum.
  - Fill up your refrigerator and freezer with jugs of water.
    - Make sure not to fill the jugs completely to the top—the water will expand when it freezes.
    - This will help the refrigerator and freezer keep their temperatures down for longer.
    - An added bonus is that you will have extra water available.
  - Note: Chest freezers will hold the cold longer without electricity than the upright freezers.
- Be sure to know how to open your garage door manually.
- Personal appliances (shavers, toothbrushes, hair dryers...won't work without electricity so be sure to have a backup.
- Have a fire extinguisher and understand your fireplaces and chimneys.

- If you choose to use a generator, be aware of the possible dangers of doing so.

## **Flood Emergency**

*Extended with details and commentary*

### **Proper Preparation:**

- Arrange a meeting place in case you get separated from loved ones during a flood.
- Consult Flood Hazard Maps available to show the flood risk for your community, which helps determine the type of insurance you need.
- Try to avoid low ground and flood planes. This will lower your insurance premiums.
- Elevate the furnace, water heater and electric panel in your home...if you live in an area that has a high flood risk.
- Consider installing check valves to prevent water from backing up into your drains and tanks.
- If possible, construct flood barriers and have sand bags and absorptive flood blocks available.
- Examine your community history of floods and natural disasters before moving or building in an area.
- Have life jackets or flotation devices.
- Make sure you have at least 2 weeks supply of emergency foods, purified water and personal protection.
- Have an evacuation plan for family, companion animals and pets.
- Keep An Emergency Car Kit in your car at all times.
- Because flooding contaminates the water supply, be sure to have water stored as well as a means by which to process and clean water.

### **Flood Anticipation/Evacuation**

#### **At Home**

- Listen to the radio or television for updates and evacuation information.
- Be aware that flash flooding can occur. Anticipate any possibility of a flash flood, by moving immediately to higher ground.
- Flash floods can occur in these areas with or without typical warnings such as rain clouds or heavy rain. So be aware of stream, drainage channels, canyons and other areas known to flood suddenly.
- Secure your home by all possible means. Bring in your outdoor furniture. Move essential items to an upper floor.
- If you have to evacuate, try to do so well in anticipation of a flood.
- Do not try to walk through moving water. Waters can be swift and treacherous.
- Move family, pets and personal material to high ground and secure shelter before the possibility of flash flooding.

#### **In Your Car**

- Listen to the radio for storm or flooding updates.
- Do not camp or park your vehicle along rivers or streams during threatening conditions.
- Try to get to high ground or elevated areas if you cannot reach your destination.
- Do not try to drive through deep waters, suddenly flooded streets, thoroughfares or highways.
- Keep An Emergency Car Kit in your Car at all times.

### **Post Flood Recovery and Reparation**

## *If your Home or Neighborhood has been flooded...*

- Do not try to return home unless cleared to do so. (Use local alert systems to stay informed.)
- Avoid all high or moving water.
- Stay away from damaged areas unless your assistance has been specifically requested.
- Your best aid to emergency workers is to follow the alerts and mandates.
- When you return home avoid contact with all electrical appliances and outlets.
- Double-check all plumbing and drains for backup and sanitation issues.
- Return Home only when authorities indicate it is safe.
- Do not drive on roads, streets or highways that have been compromised by mud or water overflow.
- If you must walk, do so only on firm ground. Avoid walkways and sidewalks that appear damaged.
- Stay out of any buildings surrounded by floodwaters.
- Check to see if you or your family may need to have vaccinations for typhoid or other flood related personal protection.
- Use your emergency food and water supplies. \*
- Avoid compromised backed-up plumbing.

## **Fire/Wildfire Emergency Checklist**

*Extended with details and commentary*

### *Proper Preparation*

- Design and landscape your home with fire retardant plants, grasses, and building materials.
- Use fire resistant roofing and siding materials in construction, or reinforce current home and yard with fire retardant materials.
- Build and/or buy a household emergency kit, including food, purified water, air-masks and emergency guide. \*
- Frequently clean roofs, gutters, yards and landscape to eliminate combustible material.
- Have a family communications plan in place.
- Have a dual sensor smoke alarm system for inside and outside the home.
- Keep a ladder that will reach the roof and high places in the house.
- Look into installing fire-resistant screens and shutters for windows and doors.
- Make sure you have at least 2 weeks supply of emergency foods, purified water and personal protection. \*
- Double-Check the fire history of your area of the country, your strategic location and your neighborhood, including natural fire-breaks, evacuation avenues and access to emergency crews.
- Keep An Emergency Car Kit in your car at all times. \*
- Have a Water Plan – Keep a power hose with long range of use.
- Consider a generator pump and emergency water take, in case water power is shut off.

### *Fire Anticipation/Evacuation*

#### *If your Home or Neighborhood is immediately affected...*

- Remain calm. Listen to the radio or television for updates and evacuation information.
- Be prepared to evacuate immediately. Keep your Emergency Kit both in your home and in your car—including food, purified water, emergency power, smoke-inhalation masks and appropriate tools.

- Wear protective clothing when outside – sturdy shoes, cotton or woolen clothes, long pants, a long-sleeved shirt, gloves and mask (or handkerchief).
- Have an arrangement for temporary housing at a relative or close friends. (Barring that, have a list of pre-designated community emergency centers.)
- Have gas-powered pumps for water and make sure they're functioning.
- Place a ladder against the house in clear view.
- Listen to the radio for storm or flooding updates.
- Keep important papers, valuables and critical documents in a fire-proof container and have them ready to move at a moment's notice.
- The most dangerous aspect of fires is smoke-inhalation. Make sure you have smoke masks and be ready to evacuate before smoke becomes a serious threat to breathing.
- Move flammable furniture into the middle of a room.
- Keep An Emergency Car Kit in your Car updated at all times. \*

## *Post Fire Recovery and Reparation*

- Do not try to return home unless cleared to do so. (Use local alert systems to stay informed.)
- Most Wildfires last several days. Be prepared to be away from your home for at least a week until the fire is officially cleared.
- If you have evacuated, do not reenter your home until fire officials say it is safe.
- For several hours after cleared from the event maintain a "fire watch." Check for sparks and smoke in the house.
- If you detect heat or smoke when entering a damaged building, evacuate immediately.
- Avoid damaged or fallen power lines, poles and downed wires. Avoid all contact with electrical outlets and compromised power sources in your home.
- Follow public health guidelines for safe cleanup and removal of ashes, carbon compromised and scorched materials.
- Try to minimize breathing dust particles and after-smoke.
- Use non-flammable cleaning materials.
- Discard any food, water or beverages that have been contaminated by smoke or scorched.
- Do not use any water source that you think may be contaminated.
- Have first-aid skills and training so you may be able to help others who are in need.
- Check to see if you or your family may need to have vaccinations for typhoid or other flood related personal protection.
- Use your emergency preparedness kit—food and water supplies. \*
- Avoid compromised appliances until proper professional evaluations have been made.

## **Tornado Emergency Checklist**

*Extended with details and commentary*

### *How to Prepare*

*Tornadoes are unique among disasters. They strike anywhere without warning. So, if you are one of the 180 million Americans who live in a tornado belt, your proper planning and preparation will be essential.*

- Check regional and national tornado grids to estimate frequency of events in your area.
- If you are in a tornado belt, build or select housing that is well-constructed and secured at openings—preferably one with a secure room or storm cellar.
- Frequently clean roofs, gutters, yards and landscape to eliminate combustible material.
- Have a family communications plan in place, including emergency contacts.
- Keep a complete Household emergency kit in place, including 3-day supply of food, purified water, first-aid, security tools and emergency generators. \*

- Look into installing reinforced screens and shutters for windows and doors.
- Double-Check the fire history of your area of the country, your strategic location and your neighborhood, including natural fire-breaks, evacuation avenues and access to emergency crews.
- Keep An Emergency Car Kit in your car at all times. \*

## *Tornado Event Measures*

### *Looking for Storm Warnings... In the Home*

- Remain calm. Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.
- The longest-term advance indication of a tornado is less than an hour. Often tornados happen in minutes, without warning.
- Look for the following Danger Signs: Dark greenish sky; large hail; large, dark, low-lying clouds.
- Listen for loud sounds like a low-flying jet.
- Whenever the warning signs are imminent, find your most secure room or (preferably) a storm cellar with a sealable door.
- Stay secure. And take special security measures to shelter and protect children and family pets.
- Under no circumstances should you try to evacuate and outrun the storm.

### *If Caught Your Car...*

- Have an Emergency Car Kit at all times, including 24 hour food and water supply and emergency tools and hazard equipment. \*
- Under no circumstances should you try to outrun the storm. If possible find an underground public parking garage, shelter under a concrete bridge or on low ground below storm levels.
- Never abandon your car and try to run away on foot, unless you are within a few yards of a secure environment.

## *What to do After a Tornado*

- Tornadoes very often compromise utilities such as gas and electric power. Be careful to look for and avoid downed power lines, mainline gas leaks and broken water lines.
- Among the most frequent after effects of Tornadoes are injuries to individuals. Check with all members of your family and/or group for injuries and trauma. In case of shock or serious injury get medical assistance immediately. Administer CPR if you are trained to do so.
- Continue to monitor (battery powered) radio or communications devices.
- Wear sturdy shoes and/or boots and thick clothing if possible. Avoid broken pieces of housing or construction and be on the lookout for broken glass, jagged edges and compromised power lines.
- Avoid damaged or fallen power lines, poles and downed wires. Avoid all contact with electrical outlets and compromised power sources in your home.
- Be sure you have enough Emergency Kits to provide enough emergency food, water, emergency power, communication and sanitation to sustain your family and loved ones once you return home. \*
- Exercise extreme caution when surveying your damage. Even if you have experienced no surface damage, there may be hidden appliances or fuel emissions that could prove dangerous and even deadly.
- Check in with your community relief centers and neighborhood support groups to help other individuals or homes that have been seriously damaged or compromised.

# Hurricane/Cyclone Emergency Checklist

*Extended with details and commentary*

## How to Prepare

- **Know your regional history.** Hurricanes (in the Atlantic) and Cyclones (in the Pacific) are coastal storms of severe, often life-threatening magnitude. They are unique in that they have both seasons and areas of occurrence that are mirror images of one another. So, when in a coastal area, check frequency tables and events history before moving or building.
- Levees and dams can be of mixed value. **Check in your area and determine whether they pose a hazard to you...or a benefit.**
- The worst peripheral damage from hurricanes is flooding. **Learn the elevation level of your property and whether the land is flood-prone.** This will help you know how your property will be affected when storm surge or tidal flooding are forecasted.
- You should always have an Emergency Kit, including 3-day supply of food, purified water, first-aid, security tools and emergency generators.
- Always have a family communications plan, including alternate emergency numbers.
- **Cover all of your home's windows.** Permanent storm shutters offer the best protection for windows. A second option is to board up windows with marine plywood, cut to fit and ready to install. Tape may reduce shattering but does not prevent windows from breaking.
- Be sure trees and shrubs around your home are well trimmed so they are more wind resistant.
- Clear loose and clogged rain gutters and downspouts.
- Secure and lock down garage doors.
- Try to create a secure room or have a waterproofed storm cellar.
- Most Hurricanes come with advanced warning. **Have an evacuation plan in place.**
- Keep An Emergency Car Kit in your car at all times.

## When the Hurricane Strikes

### *Protect and secure your Home*

- Remain calm. Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.
- Secure your home. Close storm shutters. Seal down doors, especially garage doors. Tie down outside objects.
- Turn off all utilities, propane tanks and fuel storage tanks.
- Moor your boat if applicable.
- Make sure you have your emergency kit up-to-date, especially emergency water measures.
- Stay secure. And take special security measures to shelter and protect children and family pets.
- If you are in a high-rise, altitude can be deadly. You should seek shelter and protection below the 10<sup>th</sup> Story.
- Avoid elevators, escalators and electronic lifts prior to or during the storm.

### *If You Have to Evacuate...*

- Have an Emergency Car Kit at all times, including a 3-Day food and water supply and emergency tools and hazard equipment. \*
- Listen to warning broadcasts and the advice of local authorities. If ordered to evacuate, DO NOT TRY TO RIDE OUT THE STORM...especially if you live in a flood plane or low lying area.
- Never abandon your car and try to run away on foot, unless you are within a few yards of a secure environment.

- If you live in a mobile home, trailer or temporary structure, have plans to evacuate as soon as possible. These constructions almost never endure a major event of this kind.
- Be sure you have alternative housing arrangements or, at least, contact with all emergency centers.

## Earthquake Emergency Checklist

*Extended with details and commentary*

### *Proper Preparation*

- Try to avoid building or buying next to mountainsides or near the edge of cliffs or hillsides. (Most ordinances now require this. But there are many exceptions.)
- Be Sure you have an Emergency Kit with at least 2 weeks supply of preparedness foods, purified water, reserve power and safety equipment.
- Have a family communications plan, including contacts and emergency contacts.
- Earthquakes are devastating and strike without warning. Be sure you have secured, fastened shelves and keep any dangerous breakables and in low closed cabinets with latches.
- Keep heavy wall objects such as pictures and mirrors away from where people sit or sleep.
- Brace overhead lighting fixtures and heavy objects.
- Repair defective electrical wiring and leaky gas connections. These are potential fire risks. (Professional help is recommended.)
- Install flexible pipe fittings and systems...with flexible joints.
- Lock down and bracket refrigerators, washers, freezers, water heaters and heavy appliances.
- Have a secure family room free of dangerous objects where you can gather under padding and away from stress points.
- Double-Check your foundation and ceilings and make sure they are free of cracks and fissures.
- Keep An Emergency Car Kit in your car at all times. \*
- Hold Earthquake drills with your family.
- Be sure you have evacuation and emergency center information on hand at all times.

### *What to Do During an Earthquake*

#### *In Your Home...*

- **Stay inside** until the shaking stops and it is safe to go outside. **Do not exit a building during the shaking.**
  - Studies tell us that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to exit the building out into the open.
- **DROP to the floor** (preferably carpeted), **take cover** by getting under a sturdy table or other piece of furniture and **hold on** until the shaking stops. If there isn't a table or desk near you, **cover your face and head with your arms** and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors large shelving and anything that could fall on you.
- If you're in bed when the earthquake strikes, stay there and cover your head and body with a pillow and blankets, **unless you are under a heavy light fixture that could fall on you.** In that case, move to the nearest safe place.
- Despite common perception, doorways can be dangerous. Many inside doorways are lightly constructed and easily collapsed.
- DO NOT use the elevators, escalators or any electronic mobile devices that move you from floor to floor.

#### *Outdoors...*



- Stay where you are...unless you are next to a building, streetlights or heavy utility wires. Then move quickly to a safe open place.
- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls...and people fleeing them can often be injured or killed by falling debris.

### *In Your Car...*

- Stop and stay in your vehicle. Avoid stopping under bridges, next to buildings or overpasses.
- Listen to the radio for emergency updates.
- Once the quake has stopped, avoid driving on highways, bridges or overpasses that may have been compromised by the temblor.

## **Food Shortage**

Long Term/Short Term Checklists  
*Extended with details and commentary*

### *Facts to Know*

- We are running out of food. Some countries such as Egypt, Venezuela, India, China, and the Horn of Africa are experiencing food shortages now. You have to be prepared: long-term effects are unknown.
- **Causes:**
  - **Long-term.** Severe drought. Long winter freezes (killing crops). Alternate fuel sources. Overpopulation.
  - **Short-term disasters,** including hurricanes, winter blizzards and earthquakes have brief dramatic implications.
- FEMA has spent \$1 billion for emergency food supply of 420 million meals, which would feed 100 million Americans for 1½ days—a drop in the bucket. That’s why FEMA insists that we get ourselves ready.
- Governments tend to delay food shortage warnings to prevent panic and hoarding. (But look for the signs.)

### *What to Do Immediately*

- Always have a family communications plan, including alternate emergency numbers.
- You should always have a short-term emergency home, car, and disaster kit, including 3-day supply of food, purified water, first-aid, security tools and emergency generators.
- Be sure to have a discrete 1 Year Supply of storable Emergency foods, purified water, and emergency power. This should include meals to allow for special needs, personal allergies, and pet supplies [food and medical kits.] And it should be set up apart from your short-term kits and measures.
- Have appropriate arms and/or home protective security equipment to protect your home in a food panic.
- Have designated food and supply locations at work, home and vehicles (for each).
- Have plans in place. Learn how to deal with water rationing, hoarding, food panics, and theft.
- Learn how to set up and grow your own garden
- If you do not have your own yard, land, or a place to grow food, set up a neighborhood Coop, including shared technology, with someone who does.

### *During A Shortage*

- In order to preclude a panic, Governments don’t give us a lot of advance warnings about food shortages. So it is up to each of us to understand market trends, and scour the news for shortages of basics.

- Know that, in a shortage, the basics will go first: staples such as bread and grains and especially drinking water.
- There are two kinds of shortages: Short term (2 days to 6 weeks). And Long-term (two months or more). Know the difference and have discrete preparation plans for each. \*
- Make sure you have all your emergency kit up-to-date, especially emergency water measures.
- Once you establish a code of family emergency measures, stick to the guidelines you've set. Anticipate that the duration of any emergency will be twice as long as predicted.
- Food-shortages often follow financial collapses. Always make sure you have commodity-based currency – such as gold, silver, and platinum coins.

### *Long Term Designs and Disciplines*

- Follow the Israeli Model for “Water Conservation, recycling, desalination and development.”
- Be able to protect your home. Have security fences and effective anti-burglary devices.
- Be willing to exercise your 2<sup>nd</sup> Amendment Rights. There's a reason they are in the Constitution.
- Over the long term, live fresh foods are important But during a food-shortage, it becomes essential to survival.
- Make sure you don't have too many foods that dehydrate the body and/or cause thirst.
- If you do not have your own yard, land, or a place to grow food, set up a neighborhood Coop, including shared technology, with someone who does.
- Set up a Community food and water, growth storage and protection plan. When it comes to growing the “Farm” tradition holds. Coops of like-minded citizens work effectively and create support groups and disciplines.

### *Immediately After...*

- The first effect of a return to food chain normalcy tends to be skyrocketing food prices and over-reactive shopping. Purchase limits are usually in place. But there is an overriding instinct to overcompensate, and additional panics crop up. So you need to **keep at least 60 days worth of emergency meals in place.**
- The second effect is additional shortages among basic supplies such as soaps, cleaning material and water.
- **Vet your food sources to begin with.** Black-market prices and pocket vendors often tend to spring up with food from unknown sources. Food related diseases (such as Salmonella and listeria), impure food sources, and food chain contagion tend to be offshoots of recovery from famine and shortfalls. Stick to your own food-water supply until complete normalization has been announced.
- Continue to have all water conservation, recycling, and purification methods in place.
- You should always have a short-term emergency home, car and disaster kit, including 3-day supply of food, purified water, first-aid, security tools and emergency generators. Resort to it only when absolutely necessary.

### *Long Term Measures...*

- As soon as possible, restore your 1-Year Supply of storable Emergency foods, purified water, and emergency power. This should include meals to allow for special needs, and pet supplies [food and medical kits.]
- Continue gardening and keep your hydroponic gardens and coops intact. Properly implemented, this should become a lifestyle choice that provides you and your selected community fresh food sources that do not draw down on food-chain supplies.
- Be prepared for lapses in the food chain and returns to an emergency economy. The first step in an aftermath is to reset your preparedness regimens, home security and home defense.

- Be sure to have sufficient commodity driven (gold, silver, platinum) reserves instead of cash or credit.

## **Evacuation**

*Extended with details and commentary*

*In books and Hollywood and other media, when disaster hits, it appears that everyone grabs their stuff and goes off. They are called refugees. Usually it's not going very well for refugees and refugee camps, so we must consider very seriously if we really need to evacuate and become refugees.*

### **There are times when you MUST evacuate.**

#### Water

- If you're in a canyon and a **flash flood** is coming. If you live below a dam or reservoir and it fails, that is a flash flood and you've got to get out of the way.
- **Tsunamis** along coastal areas.
- **Coastal Storm surge**, usually associated with hurricanes or other storms. Rising floodwaters around rivers.
- **A New lake forming** because of mudslide/earthslide that stopped a river or earthquake.
- **Coastal sea level rising**.
- **Extreme and long-term drought**, everything is dying off, perhaps you'll have to leave. The last two are kind of slow moving, but the others, you might have anywhere from a few seconds to a few minutes to a few hours to get out.

#### Wind.

- **Coastal Hurricanes:** Category 3 or above, don't stay, get out of the way. Depending on where you live, even lower categories of hurricanes would be too dangerous and you should leave.
- **Tornados:** evacuate into an underground shelter. If you live in a tornado-prone area, you need to have an underground shelter. If you're driving, get out of the way or get yourself to shelter.
- **Extreme linear winds** (non-cyclonic winds) may do so much damage that you have to evacuate in the aftermath.

#### Fire.

- If there's a **structural fire**, get out.
- **Wildfire** that may be taking out a whole area, get out .

#### Earth movement.

- **Rock, mud, or soil sliding** toward you.
- **Volcanoes**, ash, lava, etc. Leave.
- **Aftermath of an earthquake** when things are so broken up and destroyed that there's no way to live there, you've got to leave.

#### Man-caused:

- **Chemical spills.** Leave.
- **Nuclear events**, radiation spreading. Leave.
- The breakdown and collapse of society: **Anarchy**, when society breaks down, looting, fear, fighting, people running wild, doing things uncivilized etc. You cannot evacuate in the midst of it. You have to be gone before it happens so when you see things building up, preemptively leave.

- **Invading armies:** whether it's troops or organized gangs, it can lead to anarchy. You can reduce the risk by doing things preemptively and you can mitigate the problem.

The choices that you make can increase the risk or decrease the risk. Risk can never be eliminated. Decisions like where you live, how you live, what you do, what you don't do will affect your set of problems and results. Different things open you up to different types of challenges. It's about you, your cultural habits, societal mindset, emotional resiliency, situational awareness, priorities of how you want to live your life. If you look at the possibility of certain events and decide that you want to reduce the risk of certain events, you might decide to build differently, live in a different location, avoid certain locations, etc. to mitigate those things.

### If you're prepared, there are a lot of things that you should NOT have to evacuate for:

- **Loss of utilities**
- **Loss of income**
- **If trucking is shut down**
- **Heat wave**
- **Ice storms**
- **Blizzards**

These things can all be easily written out if you're properly prepared.

The following may not necessitate evacuation, but depending of the severity, where you live, and/or your level of preparation, you may have to evacuate:

- **Depression**
- **Pandemic**
- **Famine**
- **CME Coronal Mass Ejection**
- **EMP**

Choose whether to be prepared or not. If you live in certain areas, you might always have to be prepared to evacuate.

Consider how, where, and when you live and prepare appropriately.